



HERITAGE

"Thanks to Bernie Wilson on his retirement after 4 years as a senior center custodian"



Pictured above from left to right: Retiree Bernie Wilson, Volunteer Rodger Bronk, Trips & Events Coordinator Carol Lannan, & Director Lil Hartman

Pictured Below:

Participants in the Painted Flower Pots Arts & Crafts session taught by recent high school graduate Zoe Yin (far left), along with students Mike Laurent, Debra Lee Jeffrey, and Paula Thibodeau.



Pictured above: Participants in the On the Move class Available Mondays, Wednesdays, & Thursdays!

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CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe

City Council**Mayor**

William J. Samaras

Vice Mayor

Vesna Nuon

Karen A. Cirillo

David J. Conway

Rodney M. Elliott

Edward J. Kennedy, JR

John J. Leahy

Rita M. Mercier

James L. Milinazzo

LOWELL
SENIOR CENTER**Main Number:****978-674-4131****Fax: 978-970-4134**

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**Hours of Operation:****Monday—Friday:****Open 6:30 AM—4:00 PM****Continental Breakfast 7:00-9:00****am****Lunch served at 11:30 AM*****CLOSED******On weekends  
for the month of September***

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Executive Director: Lillian Hartman

lhartman@lowellma.gov

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**Receptionist:** Tara Donnelly

978-674-1171 ~ tdonnelly@lowellma.gov

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Trips & Events Coordinator: Carol Lannan

978-674-1169 ~ CLannan@lowellma.gov

~~~~~

**Outreach Caseworker:** Amy Medina Leal

978-674-1167 ~ aleal@lowellma.gov

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For those who prefer reading The Heritage Newsletter online, please do the following:

Enter: www.lowellma.gov

Click on: Departments

Click on: Senior Center

COUNCIL ON AGING
BOARD OF DIRECTORS*Andrew Hostettler, Chair**Joyce E. Dastou**Mary Donnelly**Eric Lamarche**John R. Lawlor**Vincenzo Milinazzo*

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**Next meeting:****Monday, September 9th  
at 9:00am - Public Welcome****Senior Abuse  
Hotline Number**

To report suspected elder abuse, call: 1-800-922-2275

**DTA Hotline  
(SNAP/Food Stamps)**Direct line for seniors:  
1-833-712-8027**Are you having a problem  
with your in-home caregiver?**

1-800-243-4636

Press #5 to speak to an  
Elder Services Ombudsman.**Legal Services  
Assistance & Referrals**For an appointment  
call: 1-800-342-5297**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor

Fax: 978-446-7270



## Director's Message

It's a new academic year in Lowell's schools, and we're starting new programs. Part of our federal CDBG funding this year is directed toward fitness programs, and so for a limited time we can offer an expanded set of yoga classes with optional donations rather than fixed class fees. We are transitioning our previous veterans' yoga class to be open to all men. Gentle Kripalu Yoga, offered as usual on Wednesday mornings and now Tuesday afternoons, begins with guided centering and breath work followed by gentle stretches leading into a flow of poses. The experience ends with a final pose of relaxation. Classes start and end on the floor (or chair if needed), with standing for part of the class and modifications offered for people with physical concerns. Give Yoga a try this fall and let us know what other fitness classes you would like offered.

We're still collecting feedback with senior center surveys available at our front desk, and we're listening! Based on your suggestions, we'll offer movies every week this month. Please let Carol know if you are interested in planning a movie series with us or leading any type of one-time or recurring group here.

As you see on the cover page, our custodian Bernie Wilson retired in August. Bernie did an amazing job here for 4 years, and we appreciated his work immensely. For several months, our staff and volunteers have gone above and beyond to keep services running while we've had staff vacancies. It's true for everyone, but I'd like to especially thank Karl and Carol for keeping the kitchen running this summer. Please continue to be extra appreciative of these folks when you visit the senior center, and help us welcome new staff to help us reopen weekends and give our team some much needed support.

Thanks for reading,

*Lil*



## Late August additions:

**All the World's a Stage -- Acting**  
**101.** Tuesday, Aug. 27, 9:30-11:30 a.m. in the Card Room. Come and discover your inner actor! Develop performance skills through improv, games and role playing with instructor Rachel Fennell and senior center staff. Maximum 15 people, please sign up at the front desk FREE.

**Ice Cream Social by ClearCaptions.** Thursday, Aug. 29, 2:00 pm in the Cafeteria. All are welcome to free enjoy ice cream courtesy of ClearCaptions, while attending a presentation on their caption phone that is available free for qualifying people with hearing loss.



## Don't miss this month:

**Senior Income from Part-Time Service ...**  
**Tuesday, Sept. 17 at noon ...** Learn ways that people age 55+ can earn stipends, tax discounts, or pay for public service. Presentations will include Operation ABLE, Community Teamwork Senior Companion and Foster Grandparent programs, Lowell Assessor 100-hours program, and offerings of the Lowell Career Center.



**All are invited to attend CTI's monthly volunteer Training ...** Tuesday, Sept. 10 from 8:30 to 11:00am. Topics this month include: Conflict Management ... Cultural Diversity ... Compassion Fatigue and Satisfaction, held in the Cafeteria.

## Look for these events in October:

**Grandparents Raising Grandchildren Event.** Friday, Oct. 4, 9:30-12:30. Socialize with other full-time grandparents and hear tips and resources to support you as your family grows together.



**City Employee Health Fair** at the Senior Center. Tuesday, Oct. 8 all day.



## LCOA bus trips ~ ages 60+ ONLY ... Motor-coach bus trips ~ ages 18+

All trips must be paid in full one month prior to travel date.

The office is open from 6:30am-2:15pm.

Detailed flyers available outside the 2nd floor office.

For more info, contact Carol Lannan at 978-674-1169 or CLannan@lowellma.gov.

Seats Available for the trips below:

SUPER STAR OF CELTIC THUNDER

# EMMET CAHILL'S IRELAND

STAR OF PBS PHENOMENON CELTIC THUNDER

IRELAND'S MOST EXCITING YOUNG TENOR

WITH THE EMERALD STRING QUARTET THE DUBLIN CITY DANCERS

THURSDAY MARCH 12TH, 2020 VENUS DE MILO, SWANSEA, MA

Best of Times Travel Proudly Presents

## ELTON JOHN Live in Concert FACE TO FACE BILLY JOEL

Thurs. 10/17/19 *The Ultimate Tribute Show* \$79

# Johnny Mathis Christmas



The Ultimate Tribute  
Starring David Robbins

Tuesday, December 3rd  
Danvers Yacht Club \$79

**TWIN RIVER**  
CASINO HOTEL

Stay Tuned for details about the next trip!

You MUST have your LICENSE or PICTURE ID with you for the Casino entrance.

## \$7.00 Day Trips for ages 60+

| <u>Sept.</u> | <u>trips</u> | <u>on sale beginning</u> | <u>Aug 27</u>  |
|--------------|--------------|--------------------------|----------------|
| <u>Day</u>   | <u>Date</u>  | <u>Destination</u>       | <u>Depart</u>  |
| Tuesday      | 3            | Salisbury Beach          | 9:00 am        |
| Friday       | 6            | Rockport                 | 9:00 am        |
| Monday       | 9            | IKEA                     | 8:30 am        |
| Tuesday      | 10           | Merrimack Outlets        | 9:00 am        |
| Thursday     | 12           | Newburyport              | 9:00 am        |
| Thursday     | 19           | Quincy Market            | 9:00 am        |
| Monday       | 23           | Wrentham Outlets         | 9:00 am        |
| Thursday     | 26           | Deerfield Fair           | 8:30 am        |
|              |              |                          |                |
| <u>Oct.</u>  | <u>trips</u> | <u>on sale beginning</u> | <u>Sept 24</u> |
| <u>Day</u>   | <u>Date</u>  | <u>Destination</u>       | <u>Depart</u>  |
| Tuesday      | 1            | IKEA                     | 9:00 am        |
| Monday       | 7            | Topsfield Fair           | 9:00 am        |
| Thursday     | 10           | Quincy Market            | 9:00 am        |
| Monday       | 21           | Kmart Billerica          | 9:00 am        |
|              |              | & Wu Loon Ming           |                |
| Thursday     | 24           | Christmas Tree Shop      | 9:00 am        |
|              |              | & Grassfields            |                |
| Thursday     | 31           | Salem Witches            | 8:00 am        |
|              |              |                          |                |

All \$7.00 trips are payable by check or money orders **ONLY!** NO REFUNDS. 16 seats available!

Please be sure to sign-up for trips right away & call if you need to cancel. Some trips fill up fast and we need a minimum of 4 people or the trip could be cancelled.

Place & time subject to change! A trip may be cancelled due to inclement weather.

## Affordable Senior Transportation

### \$1 Roundtrip Rides for Grocery Shopping

Available on fixed routes only. Call 978-674-4131 for your street to be considered in our fall route planning.

### FREE Daily Bus Ride

The Lowell Senior Center offers free transportation to the Senior center 5 days a week EXCEPT HOLIDAYS. Call 978- 674-4131 before 9:00 a. m. on the day you want to visit! Mondays, Tuesdays, Thursdays & Fridays bus leaves at 1:00 p.m. and Wednesdays at 3:00 p.m. after BINGO.

### LRTA Road Runner

This service is available for people with a disability that prevents them from using a fixed route bus, and for people age 60+. It may take 21 days to process your application before your first ride, but rides are not limited to medical. Call Road Runner at 978-459-0152.



### CareRide

CareRide, a pilot program of Elder Services of Merrimack Valley with funding from Lowell General, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 65+.

Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services. No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.





## Doctors, Nurses & MORE

Blood Pressure &  
Weight Check with

**Circle Home, Inc.:**  
On the 3rd Tuesday  
from 10:00 am—12:30 pm

~~~~~  
Albert Gauthier RN:
Wednesdays
from 9:30—11:30 am

Dr. George Potamitis from Pro-Rehab:

Question and Answer sessions
Wednesdays from 10-11 am

Anxiety Support Group

~~~~~  
With Steve Coupe  
**Tuesdays: 2-3:45 pm**  
2nd Floor Boardroom

## Reiki

~~~~~  
with Jane Breault
SEE or CALL Tara
Nurse's Station
At will offering.

Foot Clinic with Diane Stanley, RN

3rd Thursday of the month
9:00am – 12:00pm ... \$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.

Call Amy for appointments:
978-674-1167
2nd Floor Nurse's Station



Flu Clinic

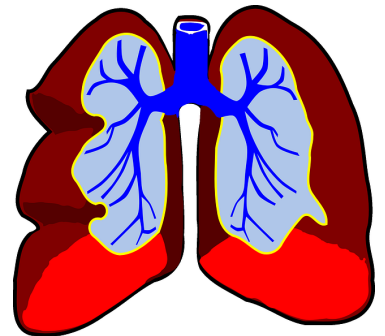
**Tuesday,
September
10th,
2019**

9am—2pm

Bring your insurance card

Pneumococcal Vaccination

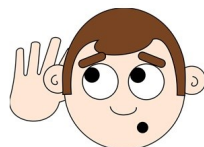
Pneumonia is a common lung infection caused by germs, such as bacteria, viruses, and fungi. It can be a complication of the flu, but other viruses, bacteria and even fungi can cause pneumonia. Anyone can get pneumonia, but some people are more at risk than others. Pneumonia and its symptoms can vary from mild to severe. Treatment depends on the cause of your pneumonia, how severe your symptoms are, and your age and overall health. Most healthy people recover from pneumonia in one to three weeks, but it can be life-threatening. The good news is that pneumonia can be prevented—by getting an annual flu shot (as flu often leads to pneumonia), frequently washing your hands, and for people at high risk, getting a vaccine for pneumococcal pneumonia. See your doctor.



Affordable Hearing

Free Hearing Test
with Christopher Streeter
Every 4th Wednesday
10:00 am

2nd Floor Board
Room
MA Lic. # 198/
NH Lic. # H547



Meet Counselor Joan Gong

Mondays
8:30 am

2nd Floor
Nurse's Station
First come, first
served!

Exercise Room



Open Monday-Friday
6:30 am—4:00 pm

Required:
Doctor's note
& Sneakers

Country Line Dancing

with Marcella Groulx



Tuesdays
10am to 12pm
(except 2nd
Tuesday of
every month)
\$5.00

YOGA

with Christine Connolly,
RN, BSN, RYT 500-hour Kripalu Yoga
Teacher, Reiki II Practitioner



Tuesdays ~ Board Room
2-3 pm Gentle Kripalu Yoga

Wednesdays ~ 2nd Floor Classroom
10-11 Gentle Kripalu Yoga
11:15-12 Men's Yoga Class

\$5 donation optional thanks to funding.

Helps with arthritis,
flexibility, strength,
mobility, range of
motion, pain, high
blood pressure,
breathing, circulation,
& stress!



Getting Fit & Staying Fit

with Marian Silk

\$2.00 per class
Great Hall



Mondays and Thurs-
days:
9:00 - 9:55 am

Wednesdays:
8:30 - 9:25 am
(I like to end 5 minutes
early so we are out the
door in one hour!)

Bone Builders Class

8:30 am Monday & Wednesday
1:30 pm Monday & Thursday

Learn how to strengthen your mus-
cles, maintain or increase bone den-
sity, improve your balance, build
confidence, prevent falls, nutrition &
lifestyle changes, & make new
friends! 2nd Floor Classroom.

Call 978-674-4131 to register.
Doctor's approval REQUIRED

September Dinner Dance

Friday, Sept. 20, 10:00 am to 3:00 pm

\$7 per person (a table of 8 can be reserved)

- Put on your dancing shoes! DJ Ray Tremblay features music of the 50s and 60s for couples, line dancers, and rock and roll
- Door Prizes and raffles
- Full course meal – Chicken Cordon Blue



TAI CHI

Tuesdays 10:15– 11:15
8 weeks for \$24 or walk-ins \$5 per
class in 2nd Floor Classroom

Helps with: arthritis, strengthening the
immune system, high
blood pressure, and
osteoporosis! Acu-
pressure points also
taught: for headaches,
stress, upset stomach
& more!



Movie Mondays!

Every Monday at 12 noon, popcorn & juice will be served in the Card Room.



September 9
The Other Guys

September 16
Looper



September 23
Balls of Fury



September 30
Men in Black



Nutrition Discussion

The Anti-Inflammatory Diet

The foods you eat can help fight inflammation



Date: September 10th

Time: 12:30 pm

Topics Include

- What Inflammation is
- Signs/Symptoms/Causes
- Reducing Inflammation Through Diet & Lifestyle
- Q & A with Dietitian, Leigh Hartwell

Sponsored by:

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

19th Century Piano Masterworks

Tuesday, September 24 at 12:30

Archie Richards will perform a one-hour classical piano concert of 19th Century Piano Masterworks, including music of Chopin, Schumann, and Liszt. The concert will include Rachmaninoff's famous G Minor Prelude and the original work from which the popular song "I'm Always Chasing Rainbows" was derived.



The Greater Boston
FOOD BANK

BROWN BAG

A distribution of pre-bagged groceries.

DATES:

September 24

Time:

12 noon
to 3:00 pm

Please bring reusable grocery bags, baskets, or a cart to carry your food.

In partnership with

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

Mah-Jong

Mondays

12:00 to 3:00 pm

Board Room

**FREE****Computer and
tablet assistance
with Pierre and Don****Fridays 9:30 – 11:30**

This is **NOT** a teaching
classroom but a problem
solving workshop

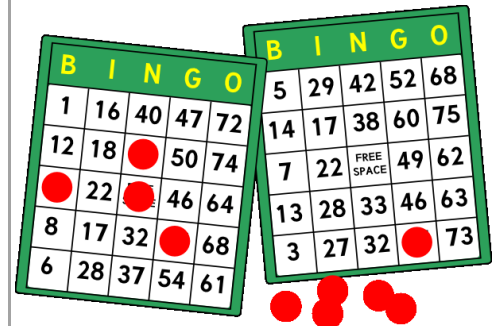
**2nd Floor Computer Lab****B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

50¢ per card

Prize amounts vary due to attend-
ance. PLUS additional prizes!

**Knitting & Crochet
Group**

Tuesdays 12:00—3:00 pm
2nd Floor Classroom

**Newcomers
welcome!**

**Quilting Group**

Wednesdays

12:30—3 pm

2nd Floor Classroom

Newcomers welcome,
beginners to advanced!

**Lowell Senior
Center Singers**

Rehearsals:

Mondays at 1:00 pm

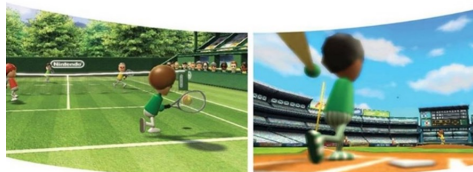
2nd Floor Classroom

**Cribbage Players
Needed!**

Tuesdays

12 noon to 3:00 pm

Cardroom

**Wii™****Wii Bowling****Tuesdays & Fridays****11:45 am to 12:45 pm****2nd Floor Board Room****Cards!**

Thursdays

12 noon to 3:45


45's


Wednesdays & Fridays

9:00 to 3:45

Poker



Sunday	Monday	Tuesday	Wednesday
1. Temporarily closed on weekends ... stay tuned for re-opening news	2. LABOR DAY 	3. 7-9 Breakfast Program 50¢ 9:00 Trip: Salisbury Beach 10-12 Country Line Dancing 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting & Crochet 2-3:30 Anxiety Support Group	4. 7-9 Breakfast Program 50¢ 8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Gentle Kripalu Yoga 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting
8. Temporarily closed on weekends ... stay tuned for re-opening news	9. 7-9 Breakfast Program 50¢ 8:30 Trip: Ikea 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 COA BOARD MTG 9:00 On the Move 12-4 MAH-JONG 12—MOVIE! 1-1:30 Lowell Senior Center Singers 1:30 CTI Bone Builders B	10. 7-9 Breakfast Program 50¢ 8:00 CTI meeting pg 3 NO Line Dance 8-10 Circle Health Nurse 9:00 Trip: Merrimack Outlets 10:00 Computer Class 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting & Crochet 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga STARTS <div style="border: 1px solid black; padding: 5px; display: inline-block;">9-2 Flu Clinic Pg 6</div>	11. 7-9 Breakfast Program 50¢ 8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Gentle Kripalu Yoga 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting
15. Temporarily closed on weekends ... stay tuned for re-opening news	16. 7-9 Breakfast Program 50¢ 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 Trip: Salisbury Beach 9:00 On the Move 12-4 MAH-JONG 12—MOVIE! 1-1:30 Lowell Senior Center Singers 1:30 CTI Bone Builders B	17. 7-9 Breakfast Program 50¢ 10-12:30 Circle Health Nurse 10-12 Country Line Dancing 10:00 Computer Class 10:15-11:15 Tai Chi 11:45 Wii 12 Income from P/T Service pg 3 12-3:45 Cribbage 12-3 Knitting & Crochet 2-3:30 Anxiety Support Group 2:00 Gentle Kripalu Yoga	18. 7-9 Breakfast Program 50¢ 8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10-11 Gentle Kripalu Yoga 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting
22. Temporarily closed on weekends ... stay tuned for re-opening news	23. 7-9 Breakfast Program 50¢ 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 Trip: Wrentham Outlets 9:00 On the Move 12-4 MAH-JONG 12—MOVIE! 1-1:30 Lowell Senior Center Singers 1:30 CTI Bone Builders B	24. City Primary Elections 7-9 Breakfast Program 50¢ 10-12 Commonwealth Nursing 10-12 Country Line Dancing 10:00 Computer Class 10:15-11:15 Tai Chi 11:45 Wii 12-3:45 Cribbage 12-3 Knitting & Crochet 2-3:30 Anxiety Support Group 12-3-Brown Bag Day 2:00 Gentle Kripalu Yoga	25. 7-9 Breakfast Program 50¢ 8:30 On the Move 8:30 CTI Bone Builders A 9:30-11:30 Blood Pressure 10:00 Affordable Hearing 10-11 Gentle Kripalu Yoga 11:15-12 Men's Yoga Class 1-3 Bingo 1:30-3:30 Quilting
29. Temporarily closed on weekends ... stay tuned for re-opening news	30 7-9 Breakfast Program 50¢ 8:30-10:30 SHINE Counselor 8:30 CTI Bone Builders A 9:00 On the Move 12-4 MAH-JONG 12—MOVIE! 1-1:30 Lowell Senior Center Singers 1:30 CTI Bone Builders B		

Thursday	Friday	Saturday
5. 7-9 Breakfast Program 50¢ 9:00 On the Move 10:00 AA Info meeting 12-3:45 Cards: 45's 1:30 CTI Bone Builders B	6. 7-9 Breakfast Program 50¢ 8-9:30 Veterans Coffee Social 9:00 Trip: Rockport 9:30 Computer/Tablet Assistance 10:00 Free Produce Program 11:30 Poker 11:45 Wii Games 1-3 Senior Social \$1.00	7. Temporarily closed on weekends ... stay tuned for re-opening news
12. 7-9 Breakfast Program 50¢ 9:00 Trip: Newport 9:00 On the Move 10:00 AA Info meeting 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 2:00 Computer Class	13. 7-9 Breakfast Program 50¢ 9:00 Veteran's Breakfast 9:30 Computer/Tablet Assistance 10:00 Free Produce Program 11:30 Poker 11:45 Wii Games 1-3 Senior Social \$1.00	14. Temporarily closed on weekends ... stay tuned for re-opening news
19. 7-9 Breakfast Program 50¢ 9:00 Trip: Quincy Market 9:00 Foot Clinic by Appt 9:00 On the Move 10:00 AA Info meeting 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 2:00 Computer Class	20. 7-9 Breakfast Program 50¢ 8-9:30 Veterans Coffee Social 9:30 Computer/Tablet Assistance 10-3 Dinner Dance pg 7 10:00 Free Produce Program 11:30 Poker 11:45 Wii Games	21. Temporarily closed on weekends ... stay tuned for re-opening news
26. 7-9 Breakfast Program 50¢ 8:30 Trip: Deerfield Fair 9:00 On the Move 10:00 AA Info meeting 12-3:45 Cards: 45's 1:30 CTI Bone Builders B 2:00 Computer Class	27. 7-9 Breakfast Program 50¢ 8-9:30 Veterans Coffee Social 9:30 Friends Meeting 9:30 Computer/Tablet Assistance 10:00 Free Produce Program 11:30 Poker 11:45 Wii Games 1-3 Senior Social \$1.00	28. Temporarily closed on weekends ... stay tuned for re-opening news
		

A commitment to care. A legacy of compassion. This is D'Youville.

D'Youville
LIFE & WELLNESS COMMUNITY

Short-term Rehabilitation • Long-term Care • Independent Senior Apartments
Adult Day Health • Alzheimer's and Dementia Care • Hospice

Most insurance plans accepted

981 Varnum Ave. • Lowell, MA
 (978) 569-1000
 www.dyouville.org

First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com







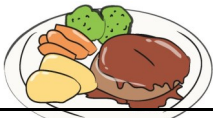

ATTENTION LUNCH PARTICIPANT'S ... VERY IMPORTANT!

PLEASE MAKE SURE YOU SWIPE IN FOR LUNCH EACH DAY!


If you are planning on enjoying lunch, but have no key tag—Please see Tara for a swipe tag. If you have a key tag but forgot it, please see Tara to add your name to the lunch list. Even if you forgot to swipe-in before lunch, please do so afterwards so we have an accurate count. The Senior Center receives funding from agencies and we must provide accurate counts of participants.

THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING.



A donation of \$2.50 is requested for **lunch that is served beginning at 11:30 am, 11:15 am on Wednesdays.** Tickets are available daily until 10:30 am. Seniors that arrive after 10:30 am may pay cash and will follow ticket holders. **Please be on site no later than 11:30 am, if you want to have lunch.** Funding for our meal program is made possible by EOEA, Merrimack Valley Nutrition, & City of Lowell. **Menu subject to change!**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1.	2. CLOSED Labor Day	3. Chicken ala King, Mixed Vegetables, Rice, Wheat Bread, Pears	4. Stuffed Peppers, Corn, Wheat, bread. Peaches, Juice	5. Veal Patties, Mashed Potatoes, Green Beans, Wheat Bread, Pudding, Juice	6. Fish Cakes, Mashed Potatoes, Broccoli, Wheat Bread, Apples	7. 
8. 	9. Mac & Cheese, Stewed Tomatoes, Broccoli, Wheat Bread, Pudding, Juice	10. Chicken Breast Filet, Rice, Carrots, Wheat Bread, Pears	11. Salisbury Steaks, Mashed Potatoes, Wax Beans, Wheat Bread, Pudding	12. Chicken Fritters, Carrots, Rice, Wheat Bread, Strawberries	13. Lemon Pepper Fish, Spinach,, Mashed Potatoes, Wheat Bread,, Fruit Salad.	14.
15.	16. Stuffed Cabbage, Corn, Wheat Bread, Apricots	17. Hotdog & Beans, Hotdog Rolls, Cole Slaw, Pineapples	18. Chicken Cordon Blue, Rice, Peas, Wheat Bread, Pudding, Juice Cup	19. Chicken Strips, Rice, Mixed Veggies, Wheat Roll, Mandarin Oranges	20. DINNER DANCE: CHICKEN CORDON BLUE	21. 
22. 	23. Vegetable Lasagna, Green Beans, Wheat Rolls, Cantalope Juice	24. Chicken Dippers, Rice, Corn, Wheat Bread, Mandarin Oranges	25. BBQ Ribs, Mashed Potatoes, Green Beans, Wheat Bread, Pineapples	26. Chicken Cacciatore, Rice, Mixed Vegetables, Wheat Bread, Fruit Salad	27. Fish, Mashed Potatoes, Brussel Sprouts, Wheat Rolls, Peaches	28.
29.	30. Stuffed Shells, Corn, Wheat Bread,					

Due to unforeseen circumstances, the center will be closed temporarily on weekends. Look for announcements about our weekend schedule at the senior center this month.



Ability Based on Long Experience

Operation A.B.L.E., 174 Portland Street, 5th Floor, Near North Station and TD Garden
Operation A.B.L.E., Inc. is an equal opportunity employer

Over 55 and Unemployed?

ENROLL IN A.B.L.E.'S Senior Community Service Employment Program! (SCSEP)

Benefits include:

- Paid-on-the-job training opportunities (Minimum wage) in your community
- The chance to update your skills and learn new ones
- Current job experience for your resume
- Job search assistance

Eligibility criteria:

- Resident of Essex, Middlesex
- Be currently unemployed
- Age 55 or older
- Meet federal low-income guidelines
- Be committed to finding a job!

START EARNING RIGHT AWAY!

Essex & Middlesex counties: 978-651-3050
Contact: Allan Broome
Senior Community Service Employment Program (SCSEP)
280 Merrimack Street Bldg. B Suite 400
Lawrence, MA 01843
Abroome@operationable.net

or visit us at www.OperationABLE.net

Harvest Ball

The Rotary Club of Lowell invites all seniors to join the fun at the 25th Annual Harvest Luncheon and Dance on **Tuesday October 22 from 11:00am – 3:00pm at Lenzi's, 810 Merrimack AV, Dracut, MA.**

Enjoy a delicious hot luncheon, dancing and prizes. Dance contests include Jitterbug, Waltz and Cha Cha.

Admission is \$20/person and proceeds will benefit community programs of the Boys and Girls Club, D'Youville Life and Wellness Community and Project LEARN, as well as college scholarships for high school students.

More Details will be available at the Senior Center in September.



Take Control of Your Health Care Information !

This site allows you to review your own health care visit information, payments and claims, view preventive benefits. You can print your health information and drug lists and have that drug list handy for the Medicare Advantage and Drug Plan Open Enrollment which lasts from **October 15th through December 7th, 2019!**

In the meantime, you can go to <https://www.medicare.gov/> to access information regarding the upcoming open enrollment.

For *other* types of Medicare assistance call **SHINE at 1-800-243-4636** and **press 3** or see Joan Gong Mondays at 8:30 am, first come ... first served!

SHINE is partially funded by the federal Administration for Community Living.



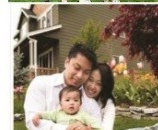
Here's your chance to become a Homeowner!

Habitat for Humanity of Greater Lowell will be building a home at 11 Alpine Street in Billerica. The renovation of this three bedroom home is scheduled to begin in November 2019 with an anticipated closing date of September 2020. Depending on your income, the sales price for this three bedroom home will not exceed \$185,000, with estimated payments of \$800-\$900/month for a 30 year mortgage including taxes and insurance. *Compare this to your rent!* Come to one of the information sessions below to learn how you can qualify to be the next Habitat homeowner!

All are Welcome!

Habitat's Targeted Income Guidelines for 2019

Household Size	Minimum 30 % of Median Income	Maximum 60% of Median Income
2	\$25,850	\$51,660
3	\$29,100	\$58,140
4	\$32,300	\$64,560
5	\$34,900	\$69,780
6	\$37,500	\$74,940



Homeowner Information Sessions

Saturday, September 7, 2019 – 10:00 to 11:30 AM

The Church of Jesus Christ of Latter Day Saints

70 Concord Road, Billerica, MA

Tuesday, September 10, 2019 – 6:00 to 7:30 PM

First United Baptist Church

99 Church St., Lowell, MA

Saturday, September 14, 2019 – 10:00 to 11:30 AM

Trinity Lutheran Church

170 Old Westford Rd., Chelmsford, MA

Thursday, September 19, 2019 – 6:00 to 7:30 PM

First Congregational Church

18 Andover Road, Billerica, MA

Questions? 978 692 0927 or info@lowellhabitat.org

Habitat for Humanity of Greater Lowell reserves the right to change the details of this opportunity

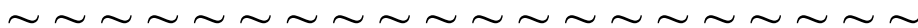


Fridays, 8:00-9:30 am at the Lowell Senior Center Board Room, 2nd Floor. Presented by Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA) & Lowell Veteran's Services. Join us for coffee, conversation, camaraderie, & support in an informal atmosphere to socialize and discuss issues such as Healthcare, upcoming events, helping others, community involvement, VSO assistance, and benefits. For more info, contact: Steve Hines at 781-687-3173 or Eric Lamarche at 978-970-4070.

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

Note: The home you live in and one vehicle are not counted as assets. This is an entitlement of benefits based on your, or your spouse's, military service. Call the Veterans Services Officer to arrange an interview to see if you qualify for benefits. The law requires the Veterans' Services Officer take your application and forward it to the Massachusetts Department of Veterans' Services. If you need more information please contact your Veterans' Services Officer, Eric Lamarche 978-674-4066 elamarche@lowellma.gov



Veteran's Day Event



Our monthly Veterans' Breakfast in November will be Friday, Nov. 8 with a full meal and speakers to celebrate Veterans' Day. Please tell veterans of all ages to sign up - call 978-674-1595 or email elamarche@lowellma.gov.

LOWELL
FARMERS'
MARKET

Fridays, 12 noon—5:00 pm
Now – October 25TH
LUCY LARCOM PARK

Spend your SNAP dollars on farm-fresh fruits and vegetables at our Farmers' Market and have the amount of your purchase instantly added back to your EBT card!



**To have smoke alarms
installed in your home for free**

Call 1-800-746-3511



American Red Cross
Massachusetts

Savor the tastes of Brazil at the
Brazilian Food Festival

Saturday, September 14,

JFK Plaza,
50 Arcand Drive



SEPTEMBER 2019 COMPUTER WORKSHOPS



TUESDAYS @ 9AM

THURSDAYS @ 2PM

Registration in person

Register online

at the Pollard Memorial Library
401 Merrimack Street at the 2nd Floor
Reference Desk or by calling
(978) 674-4121

<http://pollardml.org/events/library-calendar>
Sort by Category and Select Technology
Workshops. Then select REGISTER and
type in your information.

INTRO TO PCS

9/10 (TUE) @ 10AM

Intro to PCs: A general introduction to PCs.
and Windows 10, users will also practice using
the mouse and keyboard.

INTERNET & BROWSERS

9/12 (THU) @ 2PM

Internet & Browsers: Topics include:
opening a browser; surfing the web;
performing a search; and online safety.

EMAIL

9/17 (TUE) @ 10AM

Email: New users will learn to setup and use
email using mail.com.

CELL PHONE SKILLS

9/19 (THU) @ 2PM

Cell Phone Skills: Learn to use your smart
phone to send and receive texts and email;
attach and download images and documents.

DIGITAL PHOTOS

9/24 (TUE) @ 10AM

Digital Photos: Learn to upload, download,
crop and enhance photos from email, smart-
phones and tablets.

MICROSOFT WORD

9/26 (TH) @ 2PM

Microsoft Word: Learn how to create, edit
and save documents with Microsoft Word. PC
Skills required.



SENIOR CENTER BRANCH LOWELL LIBRARY



Welcome Friends

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~~~~~  
Office: 978-674-1175  
~~~~~

**Friday,
September
27th**

9:30 am

**Public
Welcome**



Friends of the Lowell Council on Aging

Become a Member of the Friends of the Council on Aging Group:

The Friends of the Lowell Council on Aging Center Inc. is the fund-raising group for the Lowell Senior Center. Funds raised are utilized for many purposes including ... Kitchen Equipment ... Pool Sticks ... New felt for the Billiards tables ... Social Events.

Annual Fee is \$5 Per Person and membership includes voting rights

Meetings are held on the last Friday of the month at 9:30 a.m.
in the Board Room on the second floor of the Senior Center located at:
Lowell Senior Center, 276 Broadway Street, Lowell, MA 01854.

No meetings are scheduled in July and August.
Donations are accepted and happily welcomed.

Memberships are still accepted. It is only \$5 for the year. Anyone having the Heritage mailed and comes to the center regularly can help us by picking up the newsletter here. You will even receive it faster since it takes a few days for the mail to deliver it.

Coming in September:
“Horn of Plenty”
30 chances to win
\$5.00 per calendar



Already the summer is basically over and we are in the Fall schedule of our calendar. We will start September by having our Horn of Plenty drawing. Tickets can still be purchased all during the month of September while the daily drawings are taking place.

This month our meetings will resume as usual on the last Friday of the month @ 9:30AM in the board room. Sadly we will not have Joe Dussault with us. Joe died July 20, 2019 after many years of public service to his beloved community and fraternal organizations. Kenny Ashley will be our newest member of the board after placing 6th in the April election.

We have received a few, very few, but nevertheless some requests to be taken off the Heritage mailing list. This is a huge help to us financially and we appreciate you not having it mailed especially since it is so available throughout the city.

Although there have been no meetings in July and August the board has been working hard with the new director. We are ready to help with what we can to make it everything happy for our seniors.

Friends of the Lowell Council on Aging, Inc.
276 Broadway Street
Lowell, MA 01854

www.lowellma.gov/seniors

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FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL,
THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

the
healthy living
Center of Excellence

My Life, My Health

Sign Up Today for **Free** Six Week Workshop!

Sponsored By
Elder Services of the Merrimack Valley, Inc.

Thursdays, October 3rd - November 7th, 2019

1:00pm - 3:30pm

Lowell Senior Center
276 Broadway St., Lowell MA

For More Info or To Register

Please call Maria Arias at 978-946-1211.

Or visit our website

www.healthyliving4me.org

Find us on Facebook: <https://www.facebook.com/HealthyLivingCenterofExcellence>

Find us on Twitter: [@HealthyLivingCE](https://twitter.com/HealthyLivingCE)

